



Fight or Fly - Is it time for a job change?

Complete the checklist below and consider your results before taking the next step. If you have not read the article yet, you can check it out here →

	GOOD	ACCEPTABLE	RED FLAG
My physical health is...			
My level of engagement is...			
My current career path with the organization is...			
My leader demonstrates appreciation and makes me feel valued.			
My team demonstrates appreciation and makes me feel valued.			
The goals required to “succeed” in my job are...			
The way DEI (Diversity, Equity, Inclusion) issues are handled in my workplace is...			
With regard to the pandemic my rating of how my workplace handled challenges is...			
With regard to returning to work post-pandemic, my rating of how my workplace is handling challenges ...			
	NOT AT ALL/NO	SOMEWHAT	SIGNIFICANTLY/YES
I often feel stressed and tired.			
I have contributed to the challenges I have faced in the workplace...			
I feel “blocked” in my current role.			
I feel like I’m making an impact.			
I believe in the organization I work with.			
I enjoy going to work.			
I am resentful regarding work			
My skills are in high demand.			
I am open to learning new skills.			
I can afford a pay decrease if necessary.			
I would take a lesser Role if necessary.			